

Saltimbocca



Traditional Saltimbocca is made with thin slices of pounded veal, but lean pork chops update the recipe and provide more flavor. The butternut overtones of Fontina cheese are also a pleasant addition. Top with a whole sage leaf for a handsome presentation.

Ingredients

- Pork:
- 6 (4-ounce) boneless center-cut loin pork chops, trimmed
- 6 very thin slices prosciutto (about 2 ounces)
- 6 large fresh sage leaves
- 1/3 cup (about 1 1/2 ounces) shredded Fontina cheese
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon salt
- 2 tablespoons all-purpose flour
- 1 tablespoon olive oil
- 1/2 cup dry white wine
- 1 cup fat-free, less-sodium chicken broth
- 1 tablespoon thinly sliced fresh sage

How to Make It

Step 1

To prepare pork, place each chop between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin. Arrange 1 prosciutto slice over each chop; top with 1 sage leaf and about 1 tablespoon cheese. Fold chops in half to sandwich filling, and secure with wooden picks. Sprinkle both sides of chops with pepper and 1/8 teaspoon salt. Place flour in a shallow dish; dredge stuffed chops in flour.

Step 2

Heat oil in a large nonstick skillet over medium-high heat. Add chops; cook 3 minutes on each side or until done. Remove from pan; cover and keep warm.

Step 3

Add wine to pan, scraping pan to loosen browned bits; cook until reduced to 1/4 cup (about 2 minutes). Add 1 cup broth; bring to a boil. Cook until reduced to 1/2 cup (about 5 minutes). Stir in 1 tablespoon sage. Reduce heat to medium. Return chops to pan; cook 2 minutes or until thoroughly heated, turning once.



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